

# May at the Resource Center

\*Please call **Kaylan Livsey** at **343-2238** to sign up for all classes\*

\*The calendar is now available online under the Developmental Services section of [www.howardcenter.org](http://www.howardcenter.org). If you no longer want to receive a paper copy, please call. Thank you!\*

## Thursday May 1<sup>st</sup>

9:00-11:00 GRACE Arts

11:30-1:30 GRACE Arts

2:00-4:00 GRACE Arts

## Friday May 2<sup>nd</sup>

10:00-11:30 Music to my Ears with Neth. During this 8 week class we will sing, dance, play instruments. and share music together. Our last class on June 13th will be a musical hootenanny open to friends and family!

3:00-4:00 End the week on a good note with some relaxing yoga with Jane Jarecki

**\* Please note that the Resource Center will be closed today except for these 2 classes\***

## Monday May 5<sup>th</sup>

10:00-11:30 Creative Dance with Emily Anderson. Come experience a fascinating form of improvisational dance. In this 8 week class we'll warm up our bodies and dance through a variety of "movement studies" that have been developed by by dance pioneer Barbara Mettler. This fun form of dance will be appealing to both theatre lovers and dance enthusiasts. We'll present some examples of our class work at a festive gathering of friends, family and HowardCenter staff during our final class on June 30<sup>th</sup>.

12:00-3:00 Celebrate Cinco de Mayo with a taco bar and festive arts and crafts projects

## Tuesday May 6<sup>th</sup>

9:00-12:00 Awareness Theatre

9:30-10:30 Musical Murals with Mike: Ever wondered what to do with those old records taking up space in your house, condo, or apartment? Well wonder no more! Mike Kelley would love to share with people his love of abstract musical art. Using records taped or glued together as a canvas, you can let your creative mind

run wild. There is no wrong way to decorate the records. You can paint, draw, or even write whatever message you want to put down for yourself or to share with others.

2:00-3:30 Build and paint your own ant house!

### **Wednesday May 7<sup>th</sup>**

10:00-11:00 ASL

2:30-3:30 Reading group: Pick up a copy of *Marley: A Dog Like No Other* and start reading!

3:00-4:00 West African Dance

### **Thursday May 8<sup>th</sup>**

9:00-11:00 GRACE Arts

11:30-1:30 GRACE Arts

2:00-4:00 GRACE Arts

### **Friday May 9<sup>th</sup>**

9:15-9:45 Zumba. A Latin inspired exercise class- wear comfortable shoes and clothes!

9:00-10:00 Learn First Aid Basics

10:00-11:30 Music to my Ears with Neth

2:30-3:30 Learn First Aid Basics

3:00-4:00 End the week on a good note with some relaxing yoga with Jane Jarecki

### **Monday May 12<sup>th</sup>**

10:00-11:30 Creative Dance with Emily Anderson.

2:00-3:30 Let's meet at North Beach and take a walk down to ECHO and back!

Bring a bottle of water and wear comfortable shoes! (Rain date Monday May 19<sup>th</sup>)

### **Tuesday May 13<sup>th</sup>**

9:00-12:00 Awareness Theatre

10:00-11:00 Learn how to make beautiful cards for any occasion with Joy from Creative Habitat

2:30-3:30 Find your green thumb! Paint your own flower pot and plant some seeds!

### **Wednesday May 14<sup>th</sup>**

10:30-12:00 Celebrate Bike Month by making yourself a Ben & Jerry's smoothie on the blender bike!

2:30-3:30 Reading Group: Discuss what you've read so far and what you think about it.

3:00-4:00 West African Dance

4:00-5:00 Henna Mehendi Class- Come play with the art of henna decorating!

Henna leaves a warm brown tattoo that lasts about two weeks. We'll look at

symbols from around the world, and create a design that will look good on you. Then you can paint on your design on your hand or foot and show it off for spring!

**Thursday May 15<sup>th</sup>**

9:00-11:00 GRACE Arts

11:30-1:30 GRACE Arts

2:00-4:00 GRACE Arts

**Friday May 16<sup>th</sup>**

9:15-9:45 Zumba

10:00-11:30 Music to my Ears with Neth

3:00-4:00 End the week on a good note with some relaxing yoga

**Monday May 19<sup>th</sup>**

10:00-11:30 Creative Dance

2:00-3:30 Rain date for the walk at North Beach

**Tuesday May 20<sup>th</sup>**

9:00-12:00 Awareness Theatre

10:00-11:00 Beading with Ana! Create your own pony bead bracelet or necklace

2:30-4:00 Celebrate Bike Month by making yourself a Ben & Jerry's smoothie on the blender bike!

**Wednesday May 21<sup>st</sup>**

10:00-11:00 Folk Song Sing A Long with Cindy and Annie

11:30-12:30 Enjoy Mike Kelly's music while you enjoy lunch from Leonardo's Pizza

2:30-3:30 Reading Group: Discuss what you've read so far and what you think about it!

3:00-4:00 West African Dance

**Thursday May 22<sup>nd</sup>**

9:00-11:00 GRACE Arts

11:30-1:30 GRACE Arts

2:00-4:00 GRACE Arts

**\*Feel free to come by between 10 and 2 to help put the monthly calendar together- delicious treats will be provided\***

**Friday May 23<sup>rd</sup>**

9:15-9:45 Zumba

10:00-11:30 Music to my Ears with Neth

3:00-4:00 End the week on a good note with some relaxing yoga

**Monday May 26<sup>th</sup>**

MEMORIAL DAY: RESOURCE CENTER CLOSED

**Tuesday May 27th**

9:00-12:00 Awareness Theatre

10:00-11:00 Find your green thumb! Paint your own flower pot and plant some seeds!

2:30-3:45 BINGO!

3:00-4:00 Card Making with Joy

**Wednesday May 28<sup>th</sup>**

9:30-10:45 BINGO!

11:00-12:00 Learn the basics of knitting with Andrea

2:30-3:30 Reading Group: The finale! Go over the end of the book and the book as a whole

3:00-4:00 West African Dance

**Thursday May 29<sup>th</sup>**

9:00-11:00 GRACE Arts

11:30-1:30 GRACE Arts

2:00-4:00 GRACE Arts

**Friday May 30<sup>th</sup>**

9:15-9:45 Zumba

10:00-11:30 Music to my Ears with Neth

12:00-2:00 Bring a lunch and watch a movie with friends

3:00-4:00 End the week on a good note with some relaxing yoga with Jane Jarecki

**\*Attention outdoors enthusiasts! The Resource Center will have a variety of sports and out door activity available for borrowing during the summer months! Call Kaylan at 488-6331 to see what we've got and sign something out!\***